

## RIVERSIDE COUNTY BEHAVIORAL HEALTH COMMISSION

MEETING MINUTES FOR MARCH 7, 2018 | 12:00 pm to 2:00 pm

**CALL TO ORDER, PLEDGE OF ALLEGIANCE, AND INTRODUCTIONS** – Chairperson, Rick Gentillalli called the meeting to order at 12:00 pm, lead the Pledge of Allegiance, and commenced introductions.

**CHAIRPERSON'S REMARKS** – Mr. Gentillalli reported that he recently attended NAMI's training classes and recommends others to participate as they are educational and helpful in better understanding mental health.

**COMMISSION MEMBERS REMARKS** – Richard Divine reported that the Marijuana Regulation AdHoc Committee has not been able to meet due to conflicting schedules; therefore he created a survey for members to complete and return to him at the end of the meeting. Daryl Terrell reported that due to the recent events in Florida, he suggested the Department look into developing a similar program as LA County's START Program. Brenda Scott announced that the NAMI Walk will be held on Saturday, October 27 at Diamond Valley Lake in Hemet.

**PUBLIC REMARKS** – None

**MINUTES OF THE PREVIOUS MEETING** – Minutes were accepted as written with one abstention.

**CELEBRATE RECOVERY** – This month's Celebrate Recovery Speaker is Selene Glaves from the Family Advocate Program. Ms. Glaves' son began exhibiting behavioral problems at age 15. In the beginning, Ms. Glaves was under the impression that it may be caused by drugs or basic teenage antics. As his symptoms progressed, Ms. Glaves decided to place his son in a rehab center in Mexico, where the doctor diagnosed him with Schizophrenia. Reluctant to believe the doctor, Ms. Glaves took her son out of the facility and decided to take him to another doctor, whom unfortunately, gave her son the same diagnosis. Ms. Glaves assumed that the physicians were only after money, so she brought her son back to the States. Her son continued to exhibit the same troubling behavior and was later kicked out of the house after having a physical altercation with her and her husband. A few days later, her son returned and it was apparent that his symptoms have turned severe; his eyebrows were shaved off and all his lashes had been plucked. His appearance shocked the family and it was then that Ms. Glaves believed that there is something truly wrong with her son. Ms. Glaves suggested that he seek professional help only to learn that her son had already sought help for his condition. After kicking him out, he stayed in a shelter, which was located across the street from a behavioral health clinic. He admitted himself into the clinic and was once again diagnosed with schizophrenia. Her son gave her a card from the clinic and they were able to get services from the Department.

Ms. Glaves and her family were able to utilize all the different programs offered by the Department. They received assistance from Family Advocate, Transitional Age Youth, Mental Health Court, and NAMI. The programs not only helped her son manage his symptoms and learn all the tools for coping and recovery, but it also helped her and her husband learn how to understand his condition and how to communicate with him. Now her son is doing very well; he has learned how to live and manage his condition and continues to take his medication. Ms. Glaves happily announced that her son is also married and that she will soon be a grandmother. Ms. Glaves expressed her sincere gratitude for the Department and the staff for helping her and her family get through the darkest time of their lives.

### NEW BUSINESS

1. MIND AND BODY TREATMENT AND RESEARCH INSTITUTE: Dr. Keerthy Sunder gave a presentation on his practice and the type of services available in his clinic. Dr. Sunder is an integrative psychiatrist and physician who started his career in the medical field as an OB-GYN. Dr. Sunder later pivoted to psychiatry after he observed his mother's battle with post-partum depression. Dr. Sunder's first approach in treating mental health and addiction is by following a neuroscience approach to behavioral health by studying one's brain

wave activity through neurotransmitters. This allows Dr. Sunder to map out a client's brain wave activity to better understand how to treat their symptoms. Dr. Sunder's treatments include medication and evidence-based therapies.

Mindfulness, is the second approach Dr. Sunder practices in his clinic. Mindfulness is something that has been researched for several years and has gained popularity through yoga and meditation. In a recent study of individuals from all age groups and ethnic backgrounds, it was discovered that performing 20 minutes of breath focused meditation over a six to eight week period results in structural changes in the parts of the brain associated with memory, decision making, fight or flight response, and overall awareness. Dr. Sunder noted the two components of neuroscience and meditation helps modulate the brain and prepares the individual for evidence-based clinical therapy.

Nutrition, the third and final approach Dr. Sunder emphasizes in his practice. The "gut-brain" issue stems from consuming GMO (genetically modified organism) modified foods. The lining of our guts become sensitive over a period of time, which later make us sensitive as we age and can cause a "leaky gut." This symptom affects the brain resulting in the "gut-brain" issue, which causes brain fog and other behavioral issues. Dr. Sunder educates his clients on the causes of GMO modified and inflammatory foods and ways to eliminate them from your diet.

2. SOCIAL MEDIA OUTREACH: Robert Youseff provided an update on the Department's efforts with social media outreach. Since the Department implemented social media, many of its outreach efforts and services are being highlighted and showcased through the different platforms. According to statistics, there have been 159,000 impressions on the Department's Facebook page, alone. In terms of cost, this saved the Department a great deal of money by not paying for billboard ads, flyers, etc. Social media followers have increased by 75% since its implementation and are projected to increase another 40-50% by the end of this fiscal year. Platforms they have launched are Facebook, Instagram, Twitter, and YouTube. Mr. Youseff and his team are currently in the process of launching SnapChat, a platform mostly used by teens and adolescents. They performed a trial launch for SnapChat at the Dare 2 Be Aware conference. Between 9 am to 2 pm, the platform reached 32,000 views. Mr. Youseff reported that the results are promising and hope to launch the SnapChat platform soon. By doing so, the Department's outreach efforts will increase exponentially as they will be able to reach all age groups and backgrounds through each platform.

## **OLD BUSINESS**

1. SITE REVIEW UPDATE: Mr. Gentillalli reminded all Commissioners to participate and complete at least 2-3 Site Reviews before the end of the fiscal year.
2. MHSA UPDATE: David Schoelen reported that they are in the drafting stage of the MHSA Annual Plan Update Report. Mr. Schoelen plans to post the Report in April and request assistance from the Commission to host the public hearing in May.

In 2017, Riverside, Alameda, and San Diego County were tasked by the state to participate in a pilot MHSA Audit. Results are now available and the State Auditor's Office found no negative findings for Riverside and the other participating counties. The report noted that the counties participating in the audit were historically excellent stewards of MHSA monies; being in compliance with standards; and meeting community needs.

Mr. Schoelen reported that they will be setting aside the Innovation Project after learning that the MHSOAC (Mental Health Service Oversight and Accountability Commission) prefers not to allocate monies within an emergency department. Currently, Mr. Schoelen and his team are exploring alternative plans available to serve the community. Los Angeles and Kern County currently has a program referred to by the state as the "Technology Suite." The Technology Suite includes 3 components and the first is digital chat with a trained counselor via smart phone or a computer desk top. The second component is a virtual therapist that can provide evidence-based therapies like behavioral, dialectical, or mindfulness therapy. The third component is

a digital phenol-typing application, which is similar to that of a Fit Bit, but instead of monitoring your physical wellness, it will monitor your behavioral wellness. The state is currently interested in continuing to develop this program, so they have extended the time frame for other counties to participate and go through their own stakeholder process to see if the program is appropriate for their community. Dr. Schoelen has reviewed the program with the supervisors from Consumer Affairs, Family Advocate, Cultural Competency and Parent Support and Training and all are seeing the opportunities and benefits that can be gained from the program. Mr. Schoelen added that the Technology Suite is a strong visual medium that it can be an excellent addition for the deaf and hard of hearing communities.

3. **SAPT UPDATE:** Rhyan Miller reported that the Drug MediCal and Substance Abuse Block Grant contracts were returned to the Board of Supervisors for approval and will provide updates when available. The RFP (request for proposal) for recovery residences is currently in the final stages of selecting contractors. Once they are awarded, the services will be available January 1, 2019 in the desert and western region. The adolescent and MOMs Program in Moreno Valley is scheduled to have construction and furniture installation in the first week of July 2018. Another RFP currently in development will address residential services, detoxification, inpatient and outpatient, partial hospitalization, and NTP (narcotic treatment program). Mr. Miller hopes to submit the RFP to Executive Management and have services available by July or August of this year. Lastly, Mr. Miller reported that there has been a shift in supervisors in the desert region and at the next Desert Board meeting, Will Harris or Mr. Miller (or both) will be providing the SAPT report.

**DIRECTOR'S REPORT** – Steve Steinberg added to Mr. Schoelen's report regarding the MHSA Audit. Mr. Steinberg reported that since we had a positive standing, the report was not released to the Department prior to its release to the public. The report contained information that has caused somewhat of an issue as it pertained to MHSA monies in reserve. Currently, the Department has \$120 million in MHSA monies reserved, which can seem perplexing to someone uninformed with regard to the Department's ongoing problem with the 91 Realignment. Since the release of the MHSA Audit findings, Mr. Steinberg, Angela Igrisan, and Joe Zamora have spent a good amount of time re-educating the public and the media by explaining the legislative aspects of MHSA monies and the legal requirements on how they are utilized. Another matter detailed in the report concerns the interest accrued by the MHSA monies. Mr. Steinberg stated that the Department has never failed to report the interest accrued by MHSA monies, but the state is now instructing the Department to develop a specific policy to ensure that this practice continues.

Mr. Steinberg announced that the Department recently hired a fifth Deputy Director, Ryan Quist, to help oversee the various audits the Department is undergoing. Mr. Quist will also continue managing Research and Technology and Quality Improvement.

**COMMITTEE UPDATES:** Tabled

**EXECUTIVE COMMITTEE RECOMMENDATIONS** – Mr. Terrell requested to have a discussion or presentation regarding LA County's START Program. Greg Damewood requested to have an update on the May is Mental Health Month events.

**ADJOURN:** The Behavioral Health Commission meeting adjourned at 2:01 pm.

*Maria Roman*

Ric Riccardi, BHC Secretary

Maria Roman, Recording Secretary

**FY 2017/18 BEHAVIORAL HEALTH COMMISSION ATTENDANCE ROSTER**

MEMBERS	JUL	SEP	OCT	NOV	JAN	FEB	MAR	APR	MAY	JUN
April Jones, District 3	✓	✓	✓	✓	A	✓	✓			
Beatriz Gonzalez, District 4	✓	✓	✓	A	✓	✓	✓			
Brenda Scott, District 3	✓	✓	✓	✓	✓	✓	✓			
Carole Schaudt, District 4	✓	✓	✓	✓	✓	✓	✓			
Daryl Terrell, District 5	✓	A	✓	✓	A	✓	✓			
Dildar Ahmad, District 1	✓	✓	✓	✓	✓	✓	A			
George Middle, District 2 (Redist. 5)	✓	✓	✓	✓	A	A	✓			
Greg Damewood, District 5	✓	✓	✓	✓	✓	✓	✓			
Ashley Fuller, BOS Representative	✓	✓	✓	✓	A	✓	✓			
Ric Riccardi, District 5	✓	✓	✓	✓	✓	✓	✓			
Richard Divine, District 2 (Redist. 4)	A	✓	✓	✓	✓	✓	✓			
Rick Gentillalli, District 3	✓	✓	✓	✓	✓	✓	✓			
Victoria St. Johns, District 4	✓	✓	✓	✓	✓	✓	✓			
Walter Haessler, District 1	✓	✓	✓	✓	✓	✓	A			

Present = ✓ | Absent = A | Medical Leave = ML

Minutes and agendas of meetings are available upon request and online at [www.rcdmh.org](http://www.rcdmh.org). To request copies, please contact the BHC Liaison at (951) 955-7141 or email at [MYRoman@rcmhd.org](mailto:MYRoman@rcmhd.org).

OTHERS PRESENT		
Andrew Williams, RUHS-BH	Angela Igrisan, RUHS-BH	Bill Brenneman, RUHS-BH
Brian Tisdale, BOS Rep District 3	Corinne Awad, BOS Rep District 2	David Schoelen, RUHS-BH
Deborah Johnson, RUHS-BH	Elin Zerai, Guest	Greg Burks, Guest
HollyJo Reynolds, Guest	Jessica Clark, Guest	Jim Hill, RUHS-BH
Jolyne Booker, Guest	Karen Reynolds, Guest	Dr. Keerthy Sunder, Guest
Kim McElroy, Guest	Laurence Gonzaga, Guest	Lucy Lopez, RUHS-BH
Lilah DelaCruz, Guest	Maria Algarin, RUHS-BH	Maria Roman, RUHS-BH
Michelle Martinez, RUHS-BH	Maureen Dopson, RUHS-BH	Monique Gordon, Guest
Nicholas Pena, Guest	Novanh Xayarath, RUHS-BH	Paul Baum, RUHS-BH
Pedro Arciniega, RUHS-BH	Rhyan Miller, RUHS-BH	Rick Algarin, RUHS-BH
Robert Youssef, RUHS-BH	Robyn Kelly, Guest	Ron Hoffman, Guest
Samantha Franklin, Guest	Selene Glaves, Guest	Sofia Perez, BOS Rep District 3
Steve Lusk, Guest	Steve Steinberg, RUHS-BH Director	Sue Moreland, Guest
Sundae Sayles, BOS Rep District 3	Sylvia Aguirre-Aguilar, RUHS-BH	Toni Lucas, RUHS-BH
Tony Ortego, RUHS-BH	Vicki Redding, RUHS-BH	Will Harris, RUHS-BH
William Tarpai, Guest		